



**Robert E. Bush  
Naval Hospital**

## Did you know?...

**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

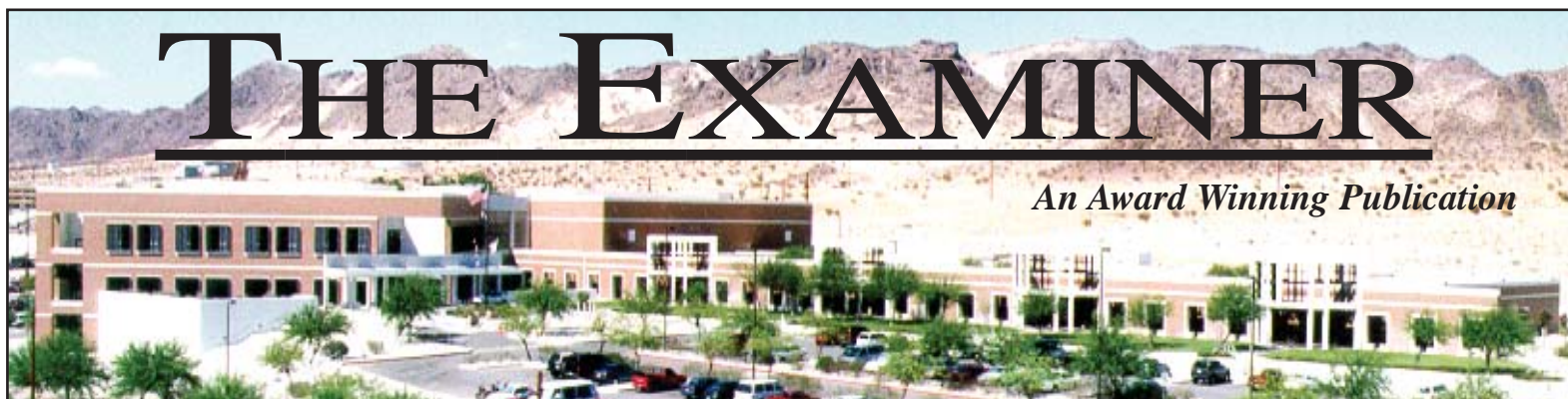
- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at [complaint@jointcomission.org](mailto:complaint@jointcomission.org) Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

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Medical IG: 1-800-637-6175  
DoD IG: 1-800-424-9098

Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

## Change of Executive Officer at Robert E. Bush Naval Hospital

*By Hospitalman Jeyzon Fernandez Jimenez  
Public Affairs Staff / Editor  
Robert E. Bush Naval Hospital*



**CAPT Cynthia J. Gantt**

**A** change of Executive Officer took place on July 8, at Robert E. Bush Naval Hospital Twentynine Palms, Calif.

The Executive Officer, CAPT Cynthia J. Gantt, Nurse Corps, United States Navy was relieved by CAPT Angela S. Nimmo, Nurse Corps, United States Navy.

The command was officially established as Naval Hospital Twentynine Palms in 1988 under the command of then CDR G. Russell Brown. Newly commissioned LT Cynthia J. Gantt became the first Family Nurse Practitioner assigned to the command; it was also her first "job" as a plank owner of the Robert E. Bush Naval Hospital in 1991.

CAPT Cynthia J. Gantt, NC, USN, FNP-BC, Ph.D., a recipient of the American Hospital Associations (AHA), "2010 Federal Health Care Executive Award for Excellence," was selected by Rear Adm. Elizabeth Niemyer, Director of the Navy Nurse Corps for the Executive Officer position at Naval Hospital Twentynine Palms.

CAPT Gantt comes from

Temple City, Calif., a suburb of Los Angeles. There she attended Temple City High School and then went on to earn an Associate Degree from Pasadena City College.

She then earned a Bachelor of Science in Nursing from her alma mater Sonoma State University, graduating cum laude and was the valedictorian speaker at the commencement ceremony. CAPT Gantt also later returned to Sonoma State University and earned a Master's in Science degree as a Nurse Practitioner.

Furthermore, as a memorable experience, CAPT Gantt met her husband, Robert Gantt, here at Robert E. Bush Naval Hospital. CAPT Gantt is eternally grateful for the inspiration and opportunities that she has received from her family, the United States Navy, military leaders and the mentors that she has learned from over the years.

In a previous interview with Daniel M. Barber, Public Affairs Officer (retired), CAPT Gantt emphasized the importance and value of an education. CAPT Gantt started at a community college and worked her way up to earning a Ph.D.

"I've told folks more than once, if I can do it, you can do it...Truly the value of an education, no matter how long they are in the Navy, whether they become a Master Chief Petty Officer, or if they are interested in becoming an officer, is...an absolutely valuable thing to have...and is a life-long process," said CAPT Gantt.

CAPT Gantt's leadership philosophy strongly highlights a few important and fundamental elements: positive leadership, trust and collaboration.



**CAPT Angela S. Nimmo**

Regarding leadership, CAPT Gantt added, "I trust the folks that I lead and I want to be trusted by them. I firmly believe that leaders should be mentors and particularly that mentors or leaders are generous with their knowledge, and as much as possible, and with their time."

The newest Naval Hospital Twentynine Palms's Executive Officer is CAPT Angela S. Nimmo.

Her official biography denotes that she is the daughter of a retired Naval Officer. CAPT Nimmo graduated from a Department of Defense (DoD) High School in Naples, Italy. She received her Bachelor of Science from University of Memphis, College of Nursing in 1986.

She then completed a pediatric internship program at Le Bonheur Children's Medical Center in Memphis, Tenn. and worked in the Neonatal Intensive Care Unit for two years.

*Continued on page 7*

**Patients seen in June -- 11,673**

**Appointment No Shows in June -- 736**

In June we had a 5.9 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out.

**To make an appointment call -- 760-830-2752**

**To cancel an appointment call -- 760-830-2369**



# Change of Charge at NAWS China Lake's Branch Health Clinic

*By Bob Smith, Rocketeer II  
Managing Editor  
NAWS China Lake Public Affairs*

Naval Air Weapons Station (NAWS) China Lake's Branch Health Clinic formally changed its "Officer in Charge" during a ceremony held at the All Faith Chapel, June 28.

LCDR Thomas M. Bui relieved former Officer in Charge LCDR Richard C. Stacey with CAPT Jay C. Sourbeer, M.D., Commanding Officer, Naval Hospital Twentynine Palms, officiating the Change of Charge.

LCDR Stacey had served in the position since June 4, 2010. He and his family will now be stationed at Naval Health Research Center in Point Loma.

In his address to the nearly 150 people in attendance, LCDR Stacey had a lot to be thankful for. He was especially proud of the staff's accomplishments during his tenure.

"The officers, Sailors and civilians who have served with me these last three years," accounted LCDR Stacey, "some who have already moved on with their careers, all had a vital part in the good times and successes we have earned here at Branch Health Clinic China

Lake, and there have been quite a few during this tenure."

"We were the first clinic for the Command to pass the National Committee for Quality Assurance (NCQA) by being awarded with its highest recognition of a Level III status, which attributes to the high level of care we maintained for our patient population."

"We decreased the Emergency Department utilization by over 30 percent," said LCDR Stacey, "by seeing our patient population after normal business hours; and the Clinic won all three categories for Sailors of the Year: Blue Jacket of the Year, Junior Sailor of the Year and Senior Sailor of the Year in December."

"All of this happened because of the positive collaboration that we not only had from our staff here in the Clinic, but the valuable relationships built on the base with NAWS; the squadrons; the emergency management team that included the Fire Department; and in the community with Ridgecrest, Regional Hospital in particular."

LCDR Stacey regards his time at China Lake as some of the very best time he has spent in

the service.

"I have been asked many times," he said, "What did I do to get orders to China Lake? As a former detailee, I can state with confidence that China Lake is one of the more challenging billets to fill. However, and in my honest opinion, I believe that NAWS China Lake is a hidden gem! I can also state with confidence that this has been the most rewarding position I have held in my 25-year Naval career."

LCDR Stacey thanked everybody for their service and was gracious in his understanding that it was not him alone that succeeded, but people he had dealt with and had the privilege to work with at the Branch Health Clinic who succeeded.

He closed with a thought from Coca-Cola's former Chief Executive Officer (CEO) Bryan Dyson saying, "Imagine life as a game in which you are juggling

five balls in the air. They are work, family, health, friends, and spirit and you're keeping all of these in the air."

"You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls; family, health, friends and spirit are made of glass. If you drop one of these, they will be scuffed, marked, nicked, damaged or even shattered, and will never be the same. You must understand and strive for it."

LCDR Bui, a self-described 'bean counter,' last served at Navy Medicine West, San Diego, where he was the regional deputy financial resources and deputy regional comptroller for nine naval hospitals.

LCDR Bui grew up in Daytona Beach, Fla., and graduated from Columbia College, St. Louis, Mo. He served 11 enlisted years as a dental technician first class before receiving his active duty

commission on May 18, 1998, as a health care administrator.

In LCDR Bui's remarks to the staff at Branch Health Clinic he indicated he was hoping "for more future successes" as he carries the torch forward.

"I am honored and humbled to have been selected to be Officer in Charge of Branch Health Clinic China Lake," said LCDR Bui. "You all have already made China Lake home for my family and I, in just a matter of days."

"To Branch Health Clinic staff, I am ready to lead you, but more importantly I am ready and happy to be working for you."

LCDR Bui also thanked LCDR Stacey for providing a seamless transition to his new position, and for putting the clinic in a position to succeed.

A reception was held at the Branch Health Clinic after the ceremony, where nearly 100 people wished both commanders good luck in their near futures.

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**Commanding Officer**  
CAPT Jay Sourbeer, MC, USN

**Executive Officer**  
CAPT Angela S. Nimmo, NC, USN

**Senior Enlisted Leader**  
LSCS (AW/SW) Jose N. Valentin, USN

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

## How to reach us...

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# What is Metabolic Syndrome?

*By Martha Hunt, MA, CAMF  
Health Promotion and Wellness  
Robert E. Bush Naval Hospital*

**M**etabolic syndrome is defined as a group of risk factors linked to being overweight or obese that increases your chance for heart disease and other health problems such as diabetes and stroke.

The five conditions listed below are metabolic risk factors for heart disease. A person can develop any one of these risk factors by itself, but they tend to occur together. Metabolic syndrome is diagnosed when a person has at least three of these heart disease risk factors:

1. A large waistline. This is also called abdominal obesity or "having an apple shape."
2. A higher than normal triglyceride level in the blood (or you are on medicine to treat high triglycerides - or bad cholesterol). Triglycerides are a type of fat found in the blood.
3. A lower than normal level of HDL cholesterol (high-density

lipoprotein cholesterol or good cholesterol) in the blood (or you are on medicine to treat low HDL).

4. Higher than normal blood pressure (or you are on medicine to treat high blood pressure).

5. Higher than normal fasting blood sugar (glucose) (or you are on medicine to treat high blood sugar). Mildly high blood sugar can be an early warning sign of diabetes.

Other factors that can contribute to metabolic syndrome are tobacco use, diets high in meat, fried food and diet sodas (or any artificial sweeteners).

Diet sodas make you crave calories from other sources and can cause over eating rather than help you cut calories.

Also, people who suffer high levels of stress are twice as likely to develop metabolic syndrome for many reasons including the fact that stress causes changes to your blood sugar levels.

Tobacco use also increases your risk of metabolic syndrome. Tobacco use:

1. Makes you crave starch and fat - a large waistline.
2. Raises your triglyceride levels - a higher than normal triglyceride level in the blood.
3. Lowers your HDL level - a lower than normal level of HDL cholesterol.

4. Gives you high blood pressure - higher than normal blood pressure (or one is on medicine to treat high blood pressure).

5. Increases your risk of diabetes (up to two to three times the risk) and blocks the release of insulin - higher than normal fasting blood sugar (glucose) (or you are on medicine to treat high blood sugar). Also, if you have a family member that has diabetes, your risk for diabetes is even higher.

For nutrition information, contact your primary care provider for a referral to the registered dietitian.

Call Health Promotion and Wellness at (760) 830-2814 or talk to your health care provider for more information on tobacco cessation.

# Got the New Baby Blues?

*By Martha Hunt, MA, CAMF  
Health Promotions and Wellness  
Robert E. Bush Naval Hospital*

**A**ccording to the Office on Women's Health, postpartum depression is used to describe a range of physical and emotional changes that new mothers experience around the time of the birth of their babies.

Symptoms of postpartum depression or "the baby blues" can range from mild to severe. Some new mothers need medications to help with these symptoms, while other mothers may only need to talk to someone trusted so that they can get help working through their symptoms.

Postpartum depression symptoms can include: persistent sad or empty moods; sudden mood swings; loss of interest in usual activities; restlessness; irritability; excessive crying; feelings of guilt for no reason; feelings of worthlessness, helplessness, or hopelessness; or fear of hurting

the baby or yourself.

Postpartum depression symptoms can also include: sleeping too much or too little; eating too much or too little; feeling fatigued and drained; thoughts of death or suicide; difficulty concentrating or making decisions; excessive forgetfulness; or vague physical complaints.

The baby blues are felt by as many as 75 percent of all women who have either recently given birth or recently experience the loss of a pregnancy. Symptoms of the baby blues are usually felt three to four days after delivery. However, baby blues may also be felt while you are still pregnant. If postpartum depression is left untreated, symptoms may worsen and may last for up to a year after delivery.

It is not known exactly what causes the baby blues. They may be caused by changes in hormones in the body, stress over being pregnant or the delivery, feeling isolated from family and friends, and feeling simply overwhelmed by the

responsibility of being a new parent.

A new mother can experience baby blues after the birth of any child, not just the first one. Also, she may feel them for one pregnancy, but not another. There is no way to predict which pregnancy will result in postpartum depression. Any woman is at risk of postpartum depression regardless of the number of children she has had or her age.

Postpartum Depression is more likely to occur if a woman has had any of the following: previous postpartum depression; depression not related to pregnancy; severe premenstrual syndrome (PMS); a non-supportive partner; or stress related to family, marriage, occupation, housing or other events in their life.

Self care for new mothers should include getting enough rest. Take time for yourself and try to nap when the baby naps so you do not become exhausted.

Ask for help when you need it. Ask your partner for help with

chores and get emotional support from your partner, family and friends. Make an effort to get out of the house every day, even if it is only for a short walk in your neighborhood.

Make time for just you and your partner. Ask your primary care provider for help. Join a new parent support group so you can meet other new mothers who are going through the same experiences as you.

Remember that you do not have to suffer with Postpartum Depression. There are people and groups in the community that can help. You can call either the Perinatal Case Management

Program at (760) 830-2822, the Behavioral Health Department at (760) 830-2724 if you are active duty or Military One Source at 1 (800) 342-9647 for counseling resources.

Postpartum Support International may be reached at 1 (800) 944-4PPD (4773) for information on treatment, support groups and resources in the United States and 25 countries. You can also call the group Postpartum Education for Parents at 1 (800) 311-BABY (2229) (In Spanish: (1 (800) 504-7081) for information on prenatal services in your community.

## The Importance of Proper Hydration

*By ENS Saintheresa L. Jackson  
Maternal Infant Nursing Dept.  
Robert E. Bush Naval Hospital*

**W**ith summer upon us, staying properly hydrated should be a top priority on everyone's daily to-do list.

However, people often underestimate how important water is to the bodies and neglect the importance of proper hydration.

Did you know that water makes up more than half of your body weight? Did you know your body depends on water for survival?

Every cell, all tissue and each organ in your body need water to work properly. Water is vital for good health.

Everyday water is lost as we breathe, sweat, and go to the bathroom. Water is lost even faster in warmer climates, during exercise, and if we are sick with fever.

During pregnancy, dehydration can cause preterm labor and

miscarriage. Proper hydration can aid in a healthy pregnancy.

Adequate water intake helps the mother and unborn child with liver and kidney function. Sufficient water intake also helps to prevent constipation.

It is recommended that a person drinks six to eight eight-ounce cups of water per day to maintain adequate hydration.

According to the American Academy of Pediatrics, it is recommended that children drink six cups of fluid per day and teens should take in about as much liquid as an adult.

A thing to do to ensure you are staying adequately hydrated can be as simple as keeping a bottle of water with you through out the day.

If you are not a big fan of plain water, think about adding a slice of lime, lemon, or orange to your water to spruce it up. When exercising, be sure to hydrate before, during, and after your workout.

*Continued on page 7*



# Super Stars...



**LCDR Carrie A. Beaty, Staff Internal Medicine Physician, Medical Home Blue Team, receives a Navy and Marine Corps Commendation Medal.**



**LCDR Timothy P. Brender, Department Head of Pediatric Medical Home Port, receives a Navy and Marine Corps Commendation Medal.**

**LCDR Aaron D. Stavinoha, Staff Physician, Emergency Medicine Department, receives a Gold Star in lieu of his second Navy and Marine Corps Achievement Medal.**



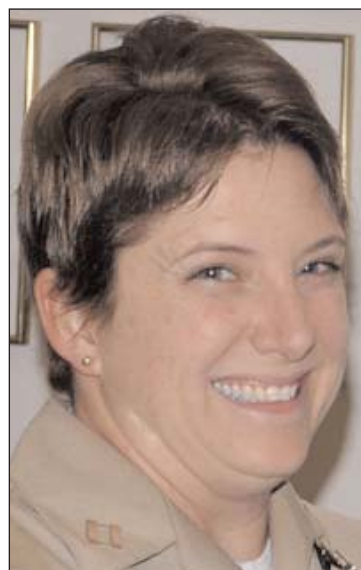
**LCDR Michelle E. Weddle, Family Nurse Practitioner, Medical Home Blue Team and Adult Medical Care Clinic, receives a Navy and Marine Corps Commendation Medal.**



**LCDR Daniel F. Rice, Peri-Operative Nurse, Main Operation Room, receives a Gold Star in lieu of his third Navy and Marine Corps Commendation Medal.**



**LT Sarah K. Certano, Staff Nurse, Emergency Medicine Department, receives a Navy and Marine Corps Commendation Medal.**



**LT Erin L. Kerr, Staff Nurse Maternal Infant Nursing and Behavioral Health Department, receives a Navy and Marine Corps Commendation Medal.**



**LT Carolyn E. Lehman, Staff Nurse, Multi-Service Ward, receives a Gold Star in lieu of her second Navy and Marine Corps Achievement Medal.**



**LCDR Anthony M. Bielawski, Staff Physician, Emergency Medicine Department, receives a Gold Star in lieu of his second Navy and Marine Corps Achievement Medal.**



**LCDR Eric M. Acoba, Department Head of Physical Therapy Department, receives a Gold Star in lieu of his fourth Navy and Marine Corps Achievement Medal.**



**LTJG Roberta L. Orozco, Staff Nurse, Maternal Infant Nursing Department, receives a Gold Star in lieu of her second Navy and Marine Corps Achievement Medal.**



**HM1 (FMF) Raul M. Cervantes, Director for Surgical Services' (DSS) Directorate Leading Petty Officer (LPO), receives a Gold Star in lieu of his third Navy and Marine Corps Achievement Medal from Second Platoon, Bravo Company, 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force, his previous former command.**

**HM2 (SW) Elizabeth M. Pell, Leading Petty Officer (LPO), Human Resources Department and Directorate for Nursing Services, receives a Navy and Marine Corps Commendation Medal.**





*LT Gretchen S. Jackson, left, Department Head of Human Resources Department, Command Individual Augmentee Coordinator (CIAC) and Plans, Operations and Medical Intelligence (POMI) Officer, was recognized at a departmental luncheon by LCDR Brennan S. Autry, right, Director for Administration.*



*Mr. Andy R. Mantlo, right, Material Management Department, is honored at his recent retirement ceremony by CDR Michael S. Sullivan, left, Commanding Officer (Acting), Naval Hospital Twentynine Palms. Mantlo received grateful recognition and appreciation for his 20-years of faithful service to the Robert E. Bush Naval Hospital and the United States Navy.*



*CDR Raul J. Carrillo, Jr., right, Assistant Director of Medical Services, Department Head of the Emergency Medicine Department, receives a Meritorious Service Medal while being accompanied by his wife, left, who also received noteworthy recognition for her active and continuous community service involvement.*



*HM2 Charles Ian D. Idos, Leading Petty Officer, Pharmacy Department, receives a Navy and Marine Corps Commendation Medal.*



*HM3 (FMF) Jonathan E. Persinger, Maternal-Infant Nursing Department and Emergency Medicine Department, receives a Navy and Marine Corps Achievement Medal.*

*HN George M. Reed, Maternal-Infant Nursing Department, receives a Navy and Marine Corps Achievement Medal.*



*HN Kamen T. Ray, Pediatrics and Immunization Department, receives a Navy and Marine Corps Achievement Medal.*



*HN Jordan T. Skaggs, Emergency Medicine Department, receives a Navy and Marine Corps Achievement Medal.*



*HM3 (FMF) Arthur I. Lawler, Physical Therapy Department, is honored by being authorized to wear the Military Outstanding Volunteer Service Medal.*



*HM3 Kyle D. O'neil, Staff Education and Training Department, receives a Letter of Appreciation.*



*LS2 (SCW) Alvin F. Henry, Material Management Department, receives a Letter of Appreciation.*



## Cellulitis: Signs, Symptoms, & Treatment

By LT Ashley O. Robertson, NC  
DNS Public Affairs Rep  
Robert E. Bush Naval Hospital

Many types of bacteria live harmlessly on the skin's surface.

However, when a break in the skin occurs, bacteria can enter the body causing infection and inflammation.

The skin tissues then typically become red, irritated and painful - this is known as cellulitis. Staphylococcus (Staph) and Streptococcus (Strep) bacteria are the most common causes of the condition.

Risk factors for cellulitis include injury to the skin, insect, animal or human bites and surgical wounds.

Those with a history of peripheral vascular disease, poor circulation or diabetes are also at increased risk of developing cellulitis. People with fungal infections of the feet may experience recurrent bouts of cellulitis, as the cracks in the skin offer an ideal opening for bacteria to get inside the body.

The use of medications that suppress the immune system and corticosteroids may increase the risk of developing the condition.

Signs and symptoms of cellulitis include raised temperature, chills, fatigue and malaise. The area of skin infected may be inflamed with noticeable redness, pain and tenderness.

A rash may also develop and the skin may have a stretched, shiny appearance. In severe cases there may be joint stiffness caused by swelling. Nausea and vomiting may also be experienced.

Blood tests may be required to confirm the diagnosis.

The aim of treatment is to control infection and prevent complications. Treatment with oral antibiotics, analgesics to control pain and elevation of the infected area to reduce swelling is usually required. In most cases the infection will clear with seven to 10 days of treatment.

However, severe cases of cellulitis may take longer to clear particularly in those with chronic diseases or where their immune system is not working properly. In cases of severe cellulitis, hospital treatment may be required.

If left untreated, cellulitis can cause serious complication including bone infection, inflammation of the lymph vessels, gangrene and sepsis. You should protect the skin with lotions or ointments to prevent cracking, especially on the feet and between the toes.

Wear shoes that fit well and trim your nails carefully to avoid damage to the skin around them.

When a break develops in the skin, you should clean it carefully with soap and water, covering it with a bandage. Change the dressing daily until a protective scab forms. Watch for redness, pain and other signs of infection.

For further questions contact your Battalion Aid Station (BAS) or Hospital Corpsman.

## Mentoring: The ‘Heart’ of Nursing Professional Development

By LCDR Shauna R. King-Hollis  
Behavioral Health  
Robert E. Bush Naval Hospital

When nurses take time to share the lessons learned from their career path the benefits are beyond measure.

Some of the known results of mentoring nurses include: pursuit of advanced education, career progression including promotion, increased salary and a sense of pride in accomplishment. Another benefit of mentoring is retention of the finest nurses in the United States Navy.

Based on request from the Junior Nurses communicated via Captain's Call in May 2013, a "Career Development - Lunch 'n' Learn" was hosted on June 6, 2013 from noon to 1:00 p.m. by Naval Hospitals Twentynine Palms's Executive Committee of the Nursing Staff (ECONS) and participating Senior Nurses to provide education and support for pursuing advanced nursing skills.

The following nursing specialties were presented: LCDR Timothy P. Brender, Pediatric



A Nursing Career Development and Mentoring symposium took place at Robert E. Bush Naval Hospital. Standing to the left is CAPT Cynthia J. Gantt, Executive Officer, who is addressing the nurses and other medical providers.

Nurse Practitioner (PNP); CDR Michelle A. French, Perioperative Clinical Nurse Specialist (PCNS); LCDR Shauna R. King-Hollis; LCDR Valerie V. Singleton, Psychiatric Mental Health Nurse Practitioner (PMHNP); LCDR Michelle E. Weddle, Family Nurse Practitioner (FNP); CDR Raul J. Carrillo, Emergency Nursing; CDR James D. Fountain, Certified Registered Nurse Anesthetist (CRNA); CDR Lisa M. Morris, Career Development; CDR Evelyn M. Quattrone, Certified Nurse Midwife (CNM); CAPT Sandra A. Mason, Operational Assignments; CAPT Cynthia J. Gantt, Executive Nursing and Leadership.

The presentations included displays and interview with these Senior Nurses who shared their inspiration for advanced nursing, their path to higher education, including preparation for Graduate Record Examinations (GRE), applying for Duty Under Instruction (DUINS), attending Uniformed Services University of the Health Sciences (USUHS), Incentive Specialty Pay (ISP), national certification, and operational opportunities.

The event was well attended with requests for additional mentoring venues and with future topics to include how to manage personal and professional goals when planning a career in the Navy.



### Naval Hospital Will Offer a 2-Day Evening PREP Marriage Workshop

Date(s): Aug. 14-15, 2013  
Time(s): 5:00 p.m. to 9:00 p.m.  
Location: Classroom 4 (at the hospital)

Call (760) 830-2429 and register by Aug. 6 for free childcare.

\* All PREP Workshops are subject to cancellation.

## Change of Executive Officer...

*Continued from page 1*

She obtained her commission as an Ensign in 1988, and completed her first tour on the oncology unit at National Naval Medical Center, Bethesda, Md. During this tour she deployed on the United States Naval Ship (USNS) Comfort supporting Operation Desert Storm and Desert Shield.

Her next duty station was at Naval Air Station Sigonella in Sicily, Italy where she worked in a variety of settings including emergency room, in-patient ward, and Labor and Delivery.

Her next tour was at the Naval Health Care New England, Newport, RI. as Division Officer for one of the Family Practice Clinics.

She then became Department Head for Home Health and Health Promotions and established an ambulatory wound care clinic. She was then accepted into the Duty Under Instruction (DUINS) Program,

completing her Master of Science degree and Clinical Nurse Specialist degree in Medical Surgical Nursing from University of Maryland, Baltimore graduating in May 2000.

She focused on specialized advanced wound care during her graduate studies. Upon completion of her degree she returned to National Naval Medical Center where she was the Department Head for the Neonatal Intensive Care Unit. During this tour she once again deployed on the USNS Comfort supporting Operation Iraqi Freedom.

The next tour of duty was the Naval Medical Clinic Quantico, Va. as Department Head for Primary Care and the Ambulance Services.

She reported to Naval Hospital Jacksonville in July 2006, as the Department Head for Maternal Infant Unit and Labor and

Delivery.

In April 2008, she became the Associate Director for Medical Services, and in Aug. 2009 she became the Director of Medical Services. She was also the Director for Nursing Administration at United States Naval Hospital Yokosuka, Japan.

CAPT Nimmo is a board certified wound care specialist at the fellowship level with the American Board of Wound Management. She is a member of the Wound, Ostomy, Continence Nursing Society and Phi Kappa Phi.

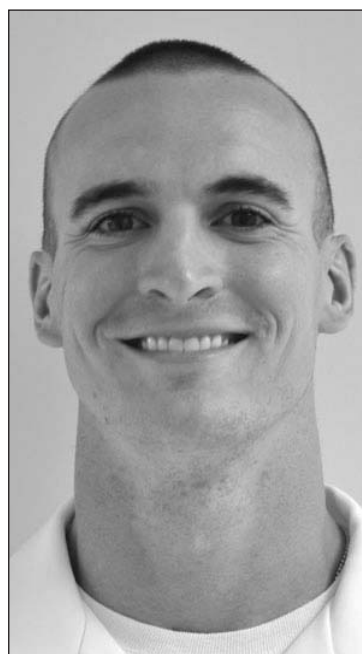
Her personal awards include the Meritorious Service Medal (two awards), Navy and Marine Corps Commendation Medal (two awards) and Navy Achievement Medal (two awards).

CAPT Nimmo is married to her husband Paul, of Charleston, W. Va., and they have two children, Madelynn and Alexander.

## Introducing New Staff - Welcome Aboard



**Naval Hospital Twentynine Palms proudly welcomes Ensign April Marie Currie as its newest member of the Director Nursing Services team. ENS April Marie Currie, a Registered Nurse, will be assuming the role of staff nurse on the Maternal Infant Nursing Department (MIND). ENS Currie pursued her studies at National University in San Diego, Calif. Of personal note, ENS Currie hails from Cortez, Colo. Her hobbies include outdoor activities such as camping, hiking, western-style horseback riding, kayaking, archery, bow-fishing, fitness and nutrition.**



**Naval Hospital Twentynine Palms proudly welcomes LTJG Ryan D. Blevins as its newest member of the Director Nursing Services team. LTJG Blevins, a Registered Nurse, will be assuming the role of staff nurse on the Emergency Medical Department (EMD). LTJG Blevins pursued his studies at Misericordia University in Dallas, Pa. He was also previously assigned to Naval Medical Center Portsmouth, Va. Of personal note, LTJG Blevins hails from Middleton,**

**Del. His hobbies include outdoor activities such as hiking, climbing, swimming, running, snowboarding, and the like.**

### You have the Power?

**D**id you know you had the power to influence how you are cared for at the Robert E. Bush Naval Hospital?

If you recently received health care at the hospital you may receive a patient satisfaction survey form from the Navy's Bureau of Medicine and Surgery regarding your visit.

Your opinion about the service you received is very important to the staff here at the hospital and to our leadership in Washington, D.C. Please take a few minutes to complete and return the survey.

### Proper Hydration...

*Continued from page 3*

If you have a hard time remembering to drink water, make a schedule. For instance, drink a glass of water before each meal and with each snack throughout the day.

Bottom line, proper hydration is important so take the time to make it a priority in your life.

**26<sup>th</sup> of August  
Celebrate  
Women's**



**Equal**

**Rights**





# Super Stars...

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**LCDR John E. Cross, Occupational Health Medical Officer, Public Health Services Department, receives a Gold Star in lieu of his second Navy and Marine Corps Achievement Medal. Shown here is LCDR Cross being piped ashore as he retires after serving honorably in the United States Navy.**



**CS2 Jose Mario De Castro, Combined Food Services Department, was promoted to his current rank.**



**Mr. Federico Hernandez, Industrial Hygiene Technician, Public Health Services Department, receives a Federal Length of Service Award in grateful recognition and appreciation for his thirty-five years of faithful service to the Robert E. Bush Naval Hospital and the United States Navy.**



**Ms. Mary Ann Lahley, Licensed Clinical Social Worker, Deployment Health, is the recipient for July's Customer Service Fish Service Award.**



**Ms. Robbin L. Prato, Operations Management Central Files Division, receives a Federal Length of Service Award in grateful recognition and appreciation for her five years of faithful service to the Robert E. Bush Naval Hospital and the United States Navy.**



**HM2 Jennifer L. Berry, Respiratory Technician, Emergency Medicine Department, takes the oath at her recent reenlistment ceremony. HM2 Berry reenlisted for two years. Also, on behalf of the Second Class Petty Officers' Association, HM2 Berry is honored by the American Cancer Society for going above and beyond to raise money for the Morongo Basin Relay for Life.**



**The Naval Air Weapons Station (NAWS) China Lake, Branch Health Clinic, held its "Change of Charge" ceremony June 28 at the All Faith Chapel. Shown in this illustration from left to right in the background are: CAPT Jay C. Sourbeer, M.D., Commanding Officer, Naval Hospital Twentynine Palms; LCDR Richard C. Stacey, former Officer in Charge; and LCDR Thomas M. Bui, new Officer in Charge. The NAWS China Lake Color Guard is seen standing forward of the officer leaders.**



**LCDR Scott T. King, right, Department Head of the Orthopedic Surgery Department, receives a Navy and Marine Corps Commendation Medal from CAPT Jay C. Sourbeer, M.D., left, Commanding Officer, Naval Hospital Twentynine Palms.**